


October Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance. \$4.68 per person per meal. Milk, juice and bread are offered each meal. Menus are subject to change.</p>			
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
3 Beef Hot Dog on a Roll Midwest Baked Beans Apple Crisp	4 Cream of Tomato Soup Grilled Chicken Breast Lettuce & Tomato Fresh Potato Salad Apricots	5 Meatloaf w/Gravy Mashed Potatoes Stewed Tomatoes Diced Pineapple	6 Hearty Beef Stew w/Mixed Vegetables & Potatoes Mandarin Oranges
10 Bourbon BBQ Chicken Yellow Rice Pilaf Green Beans Diced Pears	11 Italian Sausage with Peppers & Onions Navy Bean Salad Fruit Crisp	12 Center is Closed Boxed Lunch at the Elder Expo	13 Oktoberfest with Nurse Steve Bratwurst Braised Cabbage Mashed Potatoes Waldorf Style Salad Chocolate Cake
17 Poppy Seed Chicken Casserole Wild Rice Blend Broccoli Cuts Fruit Cocktail	18 Baked Potato Spinach Tossed Salad Chili con Carne Shredded Cheddar Apricots	19 Split Pea Soup Tuna Sandwich Lettuce & Tomato Pickled Beets Diced Peaches	20 Multi Bean & Beef Chili Shredded Cheddar Corn Muffin Cinnamon Apples
24 Roasted Pork Peas & Carrots Mashed Sweet Potatoes Diced Pears	25 Chicken/Beef Jambalaya With Rice Steamed Baby Carrots Peach Crisp	26 Center is Closed Harvest Celebration at Emmitsburg Senior Center	27 Grilled Chicken Breast Supreme Seasoned Red Skinned Potato Wedges Stewed Tomatoes
31 Turkey Salad Lettuce & Tomato Potato Salad Cole Slaw Fruit Cocktail			

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The current cost is \$4.68 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregare meal, the transportation program, and the Home Delivered Meals for that day will be canceled.